



How to get control of your mobile phone

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

In the name of Allah, The Most Gracious, The Most Merciful



Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you
in good health and imaan.

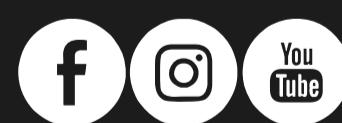
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to present to you these compiled notes that we have
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team
and have not been comprehensively checked
by a teacher.

If you find any errors or corrections that need
to be made, kindly inform us via our email
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May Allah make our paths toward seeking
beneficial knowledge easy and kindle our hearts
with sincerity and gratefulness
towards Him.

Jazakumullahu Khayran



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جَلَّ جَلَالَهُ

| جل جلاله | Jalla Jalāluhu

Allah the Most Exalted

وَاللَّهُ أَعْلَمُ
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

| صلى الله عليه وسلم | Sallālāhu Alayhi Wa Sallam

Peace and blessings of Allah be upon him

رَضِيَ اللَّهُ عَنْهُ

| رضي الله عنه | RadiAllahu `anhu

May Allah be pleased with him

Introduction

Chapter One

The mobile phone is something recent in regards to the history of Islam. These devices play a major role in our daily lives, and we must make sure that they do not affect our worship, which in turn could hinder our reward in the Hereafter.

Islam and New Technologies



Islam deals with new technologies through principles, rulings and analogies. An example of a principle could be the fact that Islam came to preserve a person's religion, health, sanity and honour. Generally, the things outside of worship are permissible unless there is proof they are forbidden.

Allāh ﷺ said:

1

وَلَا تَقْرُبُوا الزِّنَا

Do not come close to zina

Surah Al-Isra': 32

2

وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ

Do not throw yourselves into destruction with your own hands.

Surah Al-Baqara: 195

These verses are comprehensive general rulings that cover a wide range of things, both old and new, and can be applied to the mobile phone. For example, smoking which is not mentioned in the Quran can be analyzed through the verse which speaks about forbidding a person to kill themselves and the verse which prohibits that which intoxicates.

Moreover, one needs to look at both the permissibility of the end goal and the means to reach it when looking at an issue through the lens of Islam. One must also differentiate between needs and necessities. Necessities are things which involve serious issues with respect to situations. For example, a person's life being threatened might cause impermissible things to become permissible for that given time. Hence, the mobile phone is not a necessity.

Allāh ﷺ told us:

3

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَذَرُوا مَا بَقِيَ مِنَ الرِّبَا إِن كُنْتُمْ مُّؤْمِنِينَ

O you who believe, have taqwa of Allāh (shield yourself from Allāh's punishment) and leave everything that is left of riba.

Surah Al-Baqara: 278

Having a conversation with someone from the opposite gender is not haram in and of itself but it is haram because of what it leads to. Not everyone who has a mobile phone uses it for good as it has a lot of aspects which can lead to major sins and disbelief.

Applying the Framework

Chapter Two

The basic principle is that anything except worships are permissible unless there is proof that they are forbidden. However, just because something is permissible doesn't mean that it should be done. A person cannot achieve true righteousness until they leave some of that which Allāh made permissible for His sake. Also, something being permissible in some situations does not mean that a person should be doing that thing every single day.

The phone is not going to be obligatory for everyone to carry. One needs to look at when the permissibility of the mobile phone changes to Makrooh or Haram and the concerns which come along with that.

1 Wasting Time

Allāh ﷺ said:

1

وَالْعَصْرِ. إِنَّ الْإِنْسَنَ لَفِي خُسْرٍ . إِلَّا الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَاصَوْا بِالْحُنْقَرِ وَتَوَاصَوْا بِالصَّبْرِ

By time indeed, mankind is at loss except those who believe and do good deeds and who advice on another to the truth and advice on another to patience

Surah Asr:1-3

The Surah explains how important time is and how a Muslim should be cautious about every single second which passes by.

2 Wasting Money

Allāh ﷺ says in the Quran

1

إِنَّ الْمُبَدِّرِينَ كَانُوا إِخْوَنَ الشَّيْطَنِ وَكَانَ الشَّيْطَنُ لِرَبِّهِ كَفُورًا

Indeed those who waste money are the brothers of the devils.

Surah Al-Isra: 27

3 Using the Mobile in Haram

This includes anything which is prohibited in Islam. Social media is full of posts which are forbidden to watch and listen to. One needs to be very careful in this regard.

Allāh ﷺ said:

1

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَى النَّفْسَ عَنِ الْهَوَى

As for the one who fears standing before his lord and forbids his soul from his desires (controls his desires), Jannah will be his destination

Surah An-Nazi'at:40

2

قَدْ أَفْلَحَ مَنْ زَكَّمَا وَقَدْ خَابَ مَنْ دَسَّمَا

Successful is the one who purifies their soul (from doubts and desires) and lost is the one who dirties their soul (through desires or who causes their soul to become impure through their desires or through following or misguided misconceptions)

Surah Ash-Shams: 9-10

3

﴿أَفَرَأَيْتَ مَنِ اتَّخَذَ إِلَهَهُ﴾

Have you seen the one who took his desires as his god.

Surah Al-Jathiya: 23

Allāh ﷺ says about the soul:

4

إِنَّ النَّفْسَ لَأَعْمَارَةٌ بِالسُّوءِ

“for indeed the soul is ever inclined to evil.”

Surah Yūsuf: 53

4

Leaving Responsibilities Because of the Mobile

This includes obligations such as prayers, taking care of the family, etc.

Allāh ﷺ commanded in the Quran:

1

﴿إِنَّ اللَّهَ يَأْمُرُكُمْ أَنْ تُؤْدُوا الْأَمْنَاتِ إِلَى أَهْلِهَا﴾

Allāh commands you that you fulfil your responsibilities to those who you have been entrusted with.

Surah An-Nisa': 58

The Prophet ﷺ said:

2

“كَفَىٰ بِالْمَرءِ إِنْمَا أَنْ يَحْسَنَ عَمَّا يَمْلِكُ قُوَّتُهُ”

“It is enough sin for a man to withhold from those dependent upon him.”

Sahīh Muslim 996

So if the phone or any other gadget is causing the person to be negligent towards their family or to leave their obligation, this is a big concern.

5

Mental and Physical Damage

Allāh ﷺ said:

1

﴿وَأَنْفَقُوا فِي سَبِيلِ اللَّهِ وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى الْتَّهْلِكَةِ وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ﴾

Fight in the way of Allāh and do not cause your own hands to be the reason for your destruction and strive for excellence for Allāh loves those who strive for excellence.

Surah Al-Baqara: 195

6

Spreading Misinformation

The hadith of Nu'man Ibn Bashir رضي الله عنه :

1

“إِنَّ الْحَلَالَ بَيْنُ، وَإِنَّ الْحَرَامَ بَيْنُ، وَبَيْنَهُمَا أُمُورٌ مُشْتَهَاتٌ لَا يَعْلَمُهُنَّ كَثِيرٌ مِنَ النَّاسِ، فَمَنْ اتَّقَى الشُّبُهَاتِ فَقَدِ اسْتَبَرَ لِدِينِهِ وَعِرْضِهِ، وَمَنْ وَقَعَ فِي الشُّبُهَاتِ وَقَعَ فِي الْحَرَامِ”

“Indeed the permissible is clear and the impermissible is clear and between the two are matters which are unclear, most people do not know about them. Whoever keeps away from the doubtful affairs then this person saves their religion and honour and whoever falls into them has fallen into the impermissible.”

Sahīh al-Bukhārī and Sahīh Muslim

If the phone is a cause for misinformation or spreading it, one needs to make sure that they stay from such trials.

7 Loss of Knowledge

The Messenger ﷺ said:

1

“إِنَّ مِنْ أَشْرَاطِ السَّاعَةِ أَنْ يُلْتَمِسَ الْعِلْمُ عِنْدَ الْأَصْغَارِ”

“From the sign of the hour is that knowledge would be sought from the junior people.”

Narrated by al-Tabarānī in his al-Awsat 8374 and it was authenticated by al-Albānī

The idea of going to people who do not know what they are talking about and getting knowledge from them is a big issue. The internet is filled with such people who spread or misinterpret the text and give baseless rulings. This is a serious issue, and we need to find solutions that can aid us in gaining control of the mobile phone and minimise the damage.

Gaining Control of the Phone

Chapter Three and Four



Ideas and principles we can use to gain control of our mobile phones.



1 USING THE PHONE WHEN YOU NEED TO.

One should really understand when they need their phone and try to avoid it in times where there is no need. An example of that is not taking the phone to the Masjid and using different work/life profiles as new phones can be customised to do that. If one is strict in this, they can avoid a lot of Haram they come across on a regular basis.

Side benefit: Everyone is not available 24/7, so that should set the expectations for people who assume everyone will reply to their calls/messages instantly.

2 LEAVE THE PHONE IF IT INTERFERES WITH YOUR RESPONSIBILITIES.

If the phone interferes with a person's responsibilities, it becomes obligatory to get rid of the phone at that time. For example, if the phone is causing one to miss or delay the obligatory prayers. There are a number of ways a person can reduce their usage, such as using digital wellbeing or screen time monitoring tools.

This helps us track how much we use our phones and what specific apps take the majority of our time. In turn, we can set timers for the apps so that we only use the phone when required.

3 AVOIDING WASTING MONEY OR TIME.

If the phone causes a person to waste a lot of time, they need to limit their screen time. In terms of money, we don't have to upgrade our phone to a slightly better version every year as the core features remain the same. If one is struggling with this, they need to ask their family and friends to help them, try to downgrade their phone, or a combination of both.

4 AVOIDING THE PHONE IF TEMPTED TOWARDS HARAM.

If the phone is causing a person to be tempted to do Haram, then this has to stop, and there are a number of ways a person can do that. Through parental controls, one can control what content is being shown and also restrict adult sites. Another option is not to keep the phone during the night. These issues need to be addressed as Shaytan can deceive a person from all directions. If this still goes on, one needs to downgrade to a dumb phone with limited functionalities.

5 AVOIDING ISSUES RELATED TO COMMUNICATION.

We do not need ten different apps to communicate with people. This is a trap set by companies to make people use their services and provide distraction. We can have a single app for communication instead, which does not involve any Haram.

If one is struggling with communication issues related to the opposite gender, then they can involve other family members to make sure that they are not alone physically or virtually.

6 PHYSICAL AND MENTAL HEALTH.

In regards to physical health, this can affect the eyes because of the excess blue light coming from the phone. One can turn on the blue light filter to avoid strain on the eyes and use the phone only when required. One should use that excess time to exercise.

In regards to mental health and notifications that keep a person worried, phones these days are really smart, and they allow the user to control what notifications they want to see. So, one needs to take out time and customise the notifications such that they only see what is really important. Don't look at what people say as it drives people insane, but instead look for constructive feedback.

Allāh ﷺ mentions in the Quran



قَدْ بَدَتِ الْبُغْضَاءُ مِنْ أَفْوَاهِهِمْ وَمَا تُخْفِي صُدُورُهُمْ أَكْبَرُ

Hatred appear from their mouths and what their hearts conceal in much words.

Surah Aal-e-Imran: 118

7 AVOIDING MISINFORMATION AND CONFUSION.

One needs to stay away from sharing or receiving false information on the internet as we will be held accountable on the day of Judgement for what we say and share. The matter becomes even more serious if the information is related to the religion of Islam.



A Summary of Principles

Chapter Five

Below is a summary of the principles mentioned in order to gain control of the mobile phone.

- 1 ASK ALLAH FOR HELP.**
- 2 RECOGNIZE THE PROBLEM AND ADMIT THE FAULTS.**
- 3 CHANGE THE HABIT AND SET PROPER EXPECTATIONS.**
- 4 CUT DOWN ON WHAT YOU DON'T NEED.**
- 5 EXERCISE CONTROL BY GETTING TO KNOW YOUR SETTINGS.**
- 6 LOOK FOR ALTERNATIVES LIKE SMARTWATCHES.**

Your Family

Chapter Six

These are some principles you can use with respect to your family and children.

”

1 SET A GOOD EXAMPLE TO YOUR FAMILY.

You need to be someone who sets an example for your own family and children. Your family won't take your advice seriously if they do not see you practising what you preach.

2 SET BOUNDARIES AND SENSIBLE PARENTAL CONTROLS.

It is always going to be hard in the beginning as the family is not used to such strict protocols. One can start with maximum parental controls and then loosen up based on what the family needs. Upon exploring and diving deep into the details, we can get a lot of insights and lessons to improve on.

3 HAVING EXPERIENCES AS A FAMILY WITHOUT PHONES.

It is not true that if a picture is not taken at a particular time, that moment is not lived to the fullest. Rather it is the opposite. Go out and spend quality time with your family without the phone and make sure you do not make the phone a major part of your life.

Before giving your children a phone, you should consider the alternatives, such as a smartwatch. These watches do not have as much functionality as regular phones, but they can get the basic jobs done like texting, calling, tracking location and more.

4 TAKING BABY STEPS.

Just by putting in a little effort, you will see a huge difference. Deleting all the non-essential apps and switching off notifications (or only allowing a few) can change a person's life.

One can also decide to completely abandon the phone and use alternatives. As for those who cannot afford to get rid of their phones completely or replace them with simpler ones, using the previously mentioned principles, one can get control of the mobile phone and not make it a reason to be punished in the Hereafter.



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